



ILLINOIS LIQUOR CONTROL COMMISSION

50 West Washington Street, Suite 209 Chicago, IL 60602
300 West Jefferson Street, Suite 300, Springfield, IL 62702

For Immediate Release

May 25, 2023

Contact: Nicole Sanders
Nicole.Sanders2@illinois.gov

Alcohol Safety Tips for Memorial Day Weekend

The ILCC encourages safe drinking on Memorial Day and throughout the summer

The Illinois Liquor Control Commission urges those who plan to drink this Memorial Day weekend to practice safe alcohol consumption and avoid binge drinking. Popular Memorial Day activities like grilling, boating, and swimming can all become dangerous when combined with too much alcohol.

Alcohol consumption increases on holidays and during the summer months. Follow the safety tips below to reduce the risk of alcohol-related injuries this holiday weekend and throughout the summer:

- Pace yourself
- Know your limits
- Drink plenty of water
- Never leave your drink unattended
- Don't get behind the wheel after drinking

Remember to drink in moderation and always have a safety plan. Alcohol impairs judgement, lowers inhibitions, and decreases reaction time, which can lead to drunk driving accidents and other alcohol-related incidents. The ILCC encourages everyone to utilize good judgment to prevent these alcohol-related incidents, which are more frequent on holidays and in the summertime.

"Enjoy the holiday weekend but please drink responsibly. Keep in mind that proper planning leads to a safer environment for everyone," **said Illinois Liquor Control Commission Executive Director Lisa Gardner.**

If you plan on drinking this Memorial Day, choose a designated driver in advance, take public transportation, or use a taxi or rideshare service. The ILCC wants everyone to be safe while having fun and enjoying the unofficial start of summer.